



# Psicoterapia Holística Condicionativa HÁ Ari (Portuguese Edition)

*J. R. P. T*

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## **Psicoterapia Holística Condicionativa HÁ Ari (Portuguese Edition) J. R. P. T**

O Há Ari (transliterado do Hebraico que significa "O Leão") é uma forma de pensamento que leva o homem na convicção da capacidade interior, do ensino e adestramento mental e emocional para capacitar o indivíduo no seu dia-dia e lecioná-lo como programar seus objetivos e realizá-los e tratar psicoses e neuroses de uma forma simples mostrando que em pequenos feitos se faz grandes mudanças. O Há Ari inicia seu pensamento em 12 ideias ou "doze asas": 1- Exercitar o pensamento positivo, sempre. 2- Não julgar as pessoas. 3- Saber que estamos em mutação constante. 4- Sem preconceitos sejam holístico 5- Aceitar as pessoas como elas são. 6- Agradecer por tudo. 7- Praticar o desapego e perdoar as pessoas e principalmente a si mesmo. 8- Ter fé e captar a Essência da Vida. 9- Ter sempre um sorriso nos lábios e ser humilde. 10- Ter equilíbrio. 11- Viver as pequenas alegrias da vida, e aprender a dizer não quando preciso. 12- Ajudar os outros sem pensar em recompensas e trabalhar com intuição e criatividade agindo sempre com a mente crítica sem perder a empatia.

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